



Recreation

&

Off-Duty Safety Brief

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Alcohol

- FY 99-06**
- Alcohol impairs judgment and affects reflexes
 - Drinking faster than your body can process alcohol causes intoxication-alcohol poisoning.
 - Trouble with the law.
 - Poor performance in school or at work.

29% of off-duty mishaps where Alcohol was involved resulted in fatalities



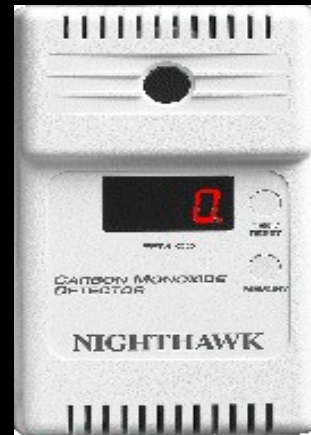
Carbon Monoxide Poisoning

Hazards

- ❖ Missing CO alarm
- ❖ Fresh make-up air vent closed, faulty furnace, blocked chimney flue
- ❖ Fuel space heaters
- ❖ Dirty/clogged air filters
- ❖ Return air vent obstructed

Controls

- Install alarm
- Establish appropriate PM schedule - QA work
- Disallow use in quarters
- Change filters quarterly (monthly for pets)
- Keep furniture away from vents



Ladder Safety

- Use the right ladder for the job
- Inspect before use
- Metal ladder + electricity = death
- For every 4 ft of the ladder's length you must come out 1 ft from the wall



Home Maintenance

- Follow the manufacturer's safety recommendations
- Inspect power cords for cuts, frays and damaged plugs
- Use PPE
- Use the proper tool for the job



Barbecuing Safety

- Well ventilated areas or outdoors
- Approved lighter fluids, no gasoline
- Stand upwind when lighting grill
- For propane grills, Open grill cover before lighting
- After cooking, shut the propane bottle valve off & let the gas in the lines burn out





Lightning Kills

- **Stay inside away from windows**
- **If outdoors stay away from water metal objects, and under trees**
- **When outdoors put your feet together, duck your head, crouch down and put your hands over ears**

Swimming Safety

- Learn how to swim
- Swim with a friend
- Swim in areas with life guards
- Look before you leap
- No hyperventilating or extended Breath-holding techniques



Beware Of Rip Currents

If you find yourself caught in a RIP CURRENT, turn and swim PARALLEL to the shore line.

Once out of the stronger current turn and swim into shore.

If you attempt to swim against the RIP CURRENT, you will most likely succumb to fatigue and



SCUBA Diving Safety

- **Get certification**
- **Know dive tables**
- **Dive with a buddy**
- **Two-thirds rule**
- **Guidelines for specialized diving**
- **Learn hand the signals**



Preventing Boating Accidents

- **Take A Safe Boating Course**

(Call 1-800-368-5647)

- **Monitor Weather Conditions**

- **Wear PFDs**

- **Load Capacity**

- **Float Plan**

- **Keep Clear Of Swimming And Diving Areas**

- **Non-Alcoholic Beverages**

- **Safety Equipment**

Temporary Insanity II



Fall Fishing Can Be Deadly

- Wear a PFD
- Keep clothing on
- Avoid thrashing around
- If boat capsizes climb back into or on top



Personal Watercraft (PWC) Safety

- **Safety training**
- **Dead man switch**
- **PFD**
- **No wave jumping**
- **Do not ride in
swim areas**
- **Do not exceed
posted speed limit**
- **Observe safety rules**



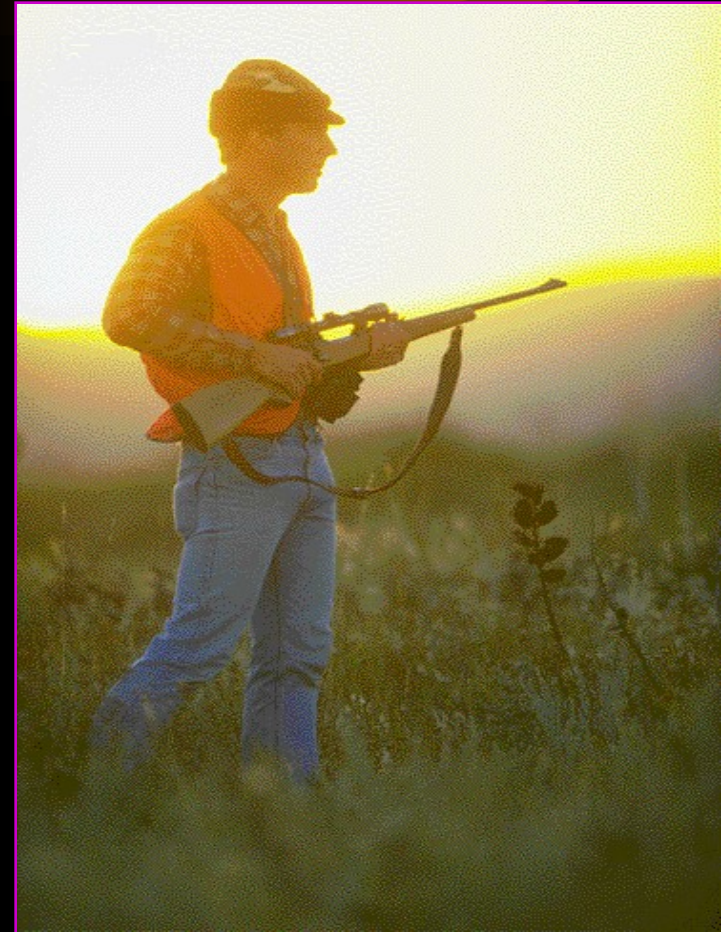
vPrevent Hunting Mishaps

Hazards

- **Inexperience**
- **Not visible**
- **Accidental discharge**
- **“In harms way”**
- **Falls from stands**

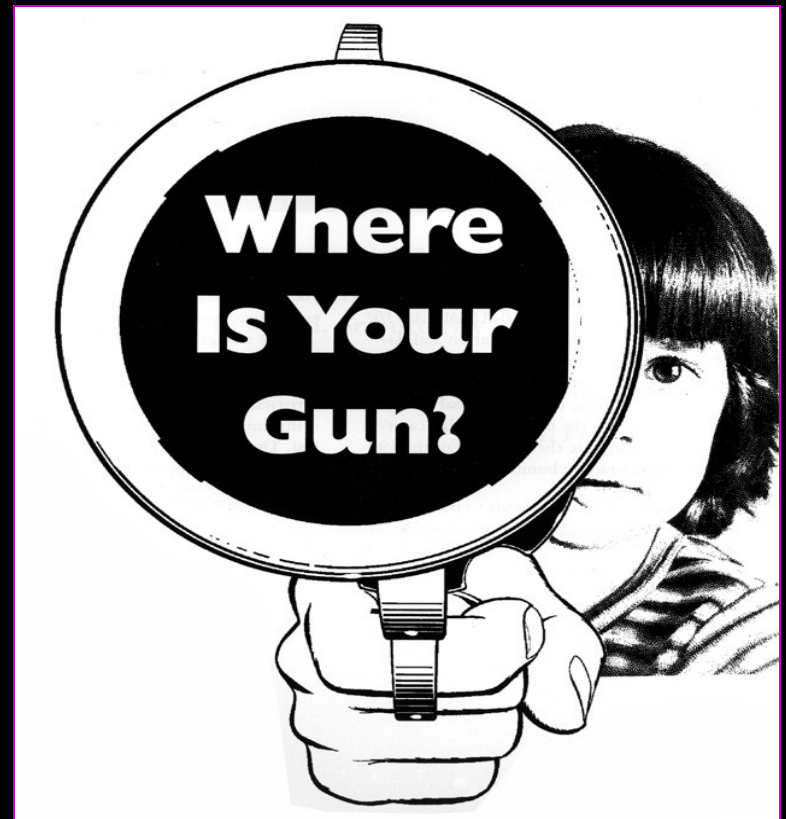
Controls

- Hunter's safety course**
- Wear blaze Orange**
- Separate guns & ammo**
- If In doubt don't shoot**
- Inspect stands - use harness**



Small Arms Safety

- ❖ Small arms safety course
- ❖ Assume firearms are loaded
- ❖ Know your target
- ❖ Separate guns and ammo



Basketball

Hazards

- Poor conditioning
- Skill level
- Lack of PPE
- Violation of rules
- Slip hazards

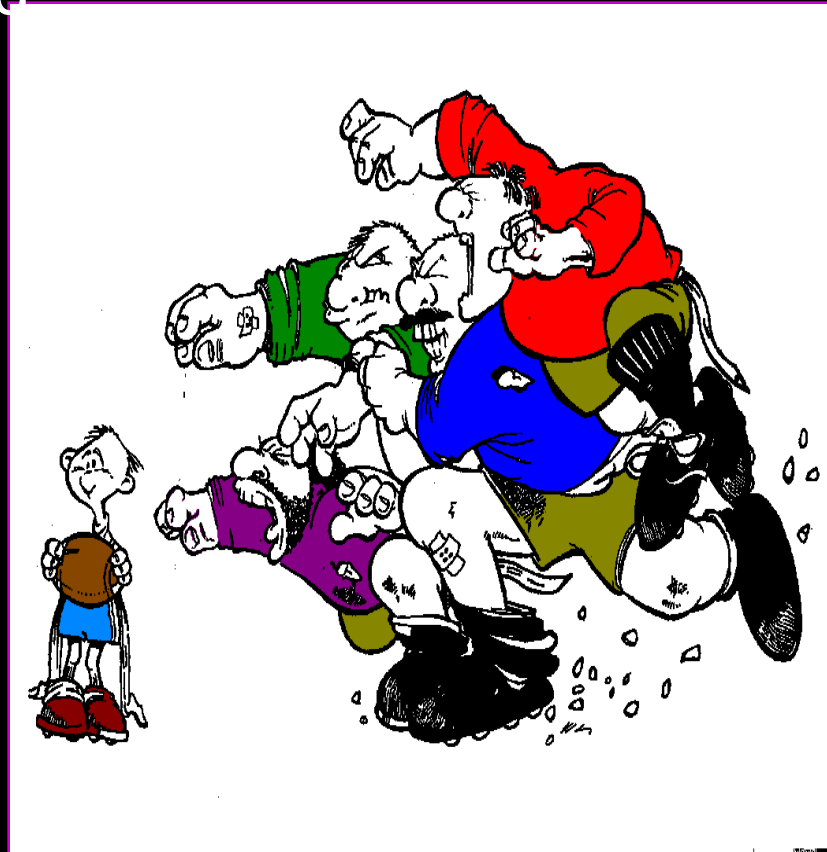
Controls

- Warm-up/cool down
- Play within your ability
- Appropriate shoes
elbow/knee pads
mouth piece
- Remove jewelry/
no horseplay
- Wipe off moisture



Flag Football

- ◆Billed caps prohibited
- ◆Block between shoulders and waist
- ◆Fumbles can not be advanced
- ◆Rubber cleats or tennis shoes



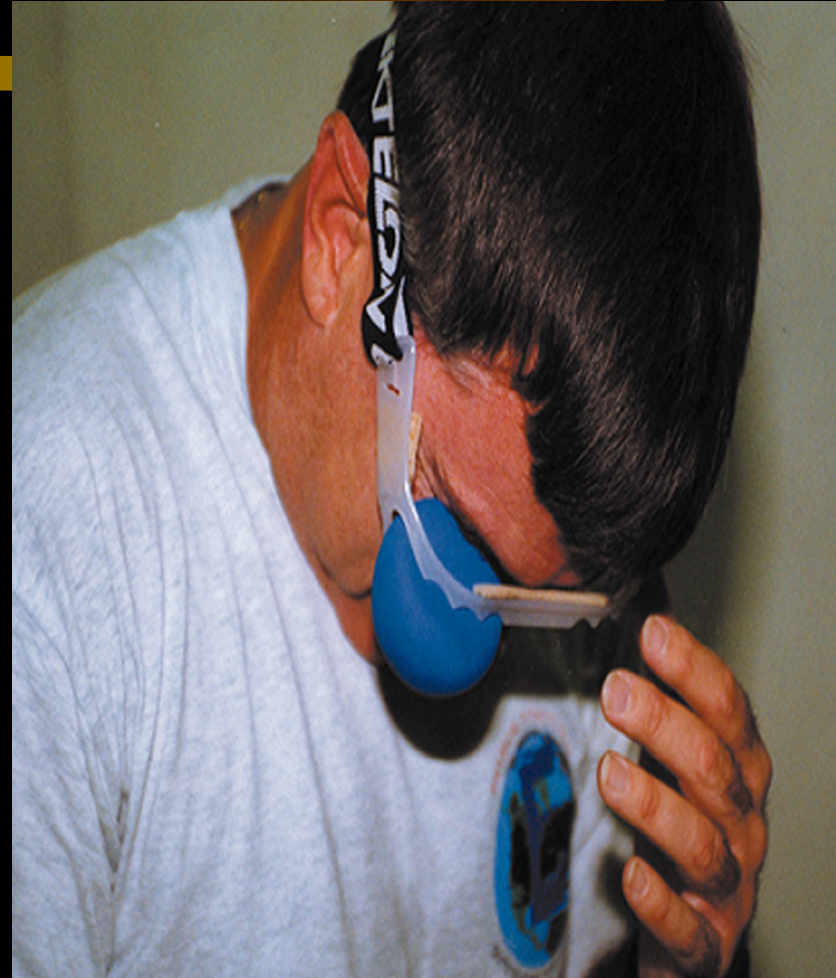
Soccer Safety

- Ensure you stretch adequately
- Goal posts anchored
- Wear appropriate shoes
- Shin guards
- Drink plenty of water
- No unsportsmanlike conduct



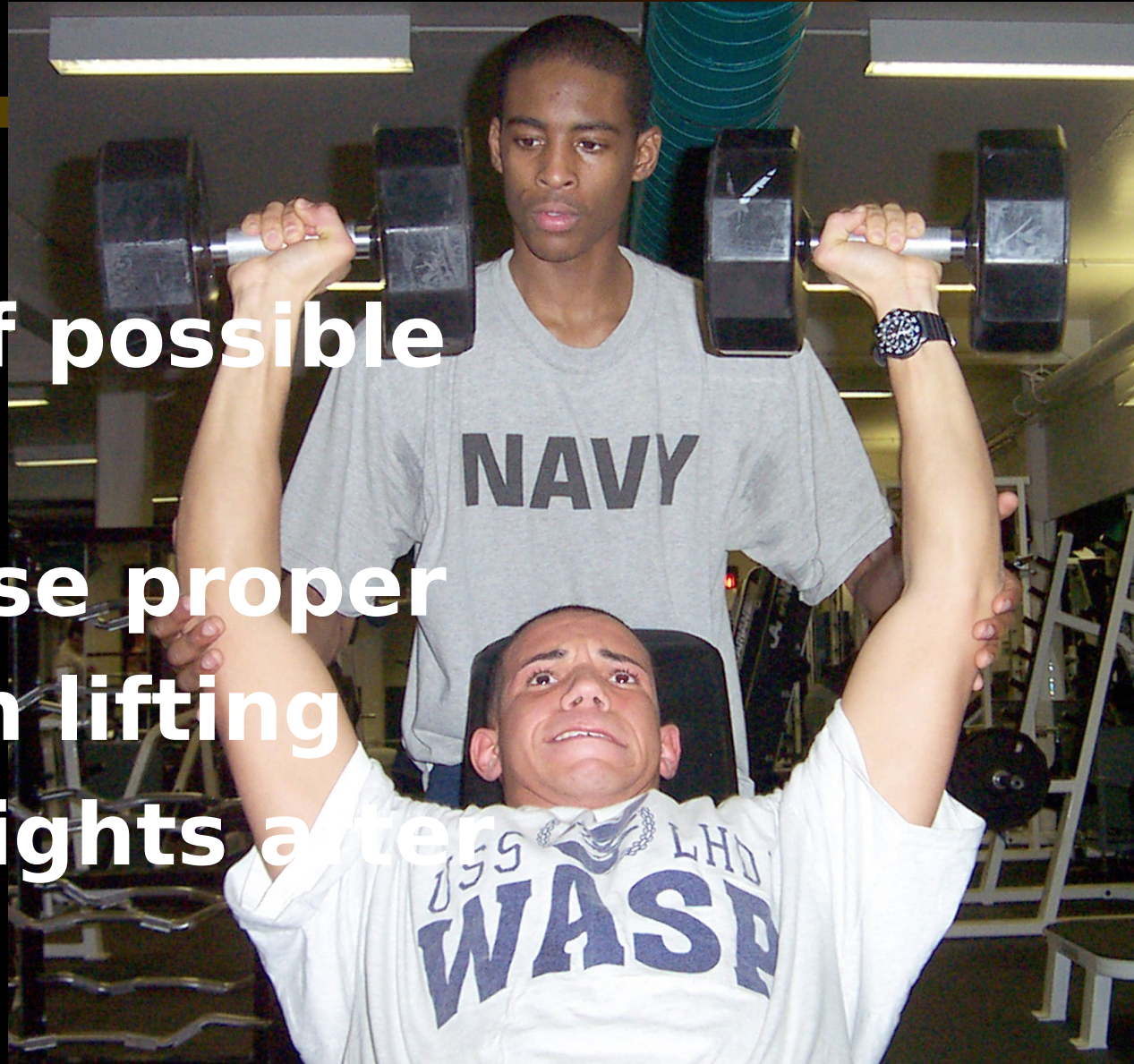
Racquetball Safety

- **Wear eye protectors with lenses made of polycarbonate**
- **Ensure playing surface isn't slippery**



Weight Lifting

- ◆ Warm-up
- ◆ Spotter if possible
- ◆ Collars
- ◆ Always use proper Form when lifting
- ◆ Store weights after use



Busted On Base

- Walkman radios prohibited

- Reflective clothing during night, rain or snow

- Ride with traffic

What?
A Helmet Requirement



Jogging Safety

- **Reflective gear**
- **No listening devices**
- **Jog against traffic**
- **Drink plenty of fluids**
- **Know your personal limitations**



Camping Safety

- CHECK WEATHER FORECASTS BEFORE YOU LEAVE
- WATER-REPELLANT AND WIND-RESISTANT MATERIAL FOR TENTS AND SLEEPING BAGS
- WEAR PROPER FITTING LAYER CLOTHING, BOOTS & CAP
- INSECT REPELLANT AND MOSQUITO NETTING
- COOLER FOR PERISHABLE FOODS
- NO COMBUSTIBLE MATERIALS WITHIN 10 FEET OF CAMPFIRE
- STAY ON MARKED TRAILS
- AVOID POISONOUS SNAKES AND PLANTS
- IMPLEMENT YOUR LIGHTNING PLAN



Brown Recluse Spider

- **Midwest and Southern States**
- **1/4 to 3/4 inches in length (dime to quarter size)**
- **Tan to dark brown in color**
- **“Violin/Fiddle” marking**
- **Lives indoors or outdoors**
- **Severity of bite may vary**
- **Seek medical attention**
- **Bite causes severe tissue damage**



Rock Climbing Safety

- **Get training**
- **Use buddy system**
- **Check weather conditions**
- **Wear a helmet**
- **Use proper safety equipment**



Off-Road Driving Safety

- **Required training**
- **PPE**
- **Familiar with equipment**
- **Stay on designated trails**
- **No alcohol**
- **Know your abilities and those of your bike**
- **Ride within your limits**



Rocking A Drink Machine May Cost You More Than A Soda



5 Step Process

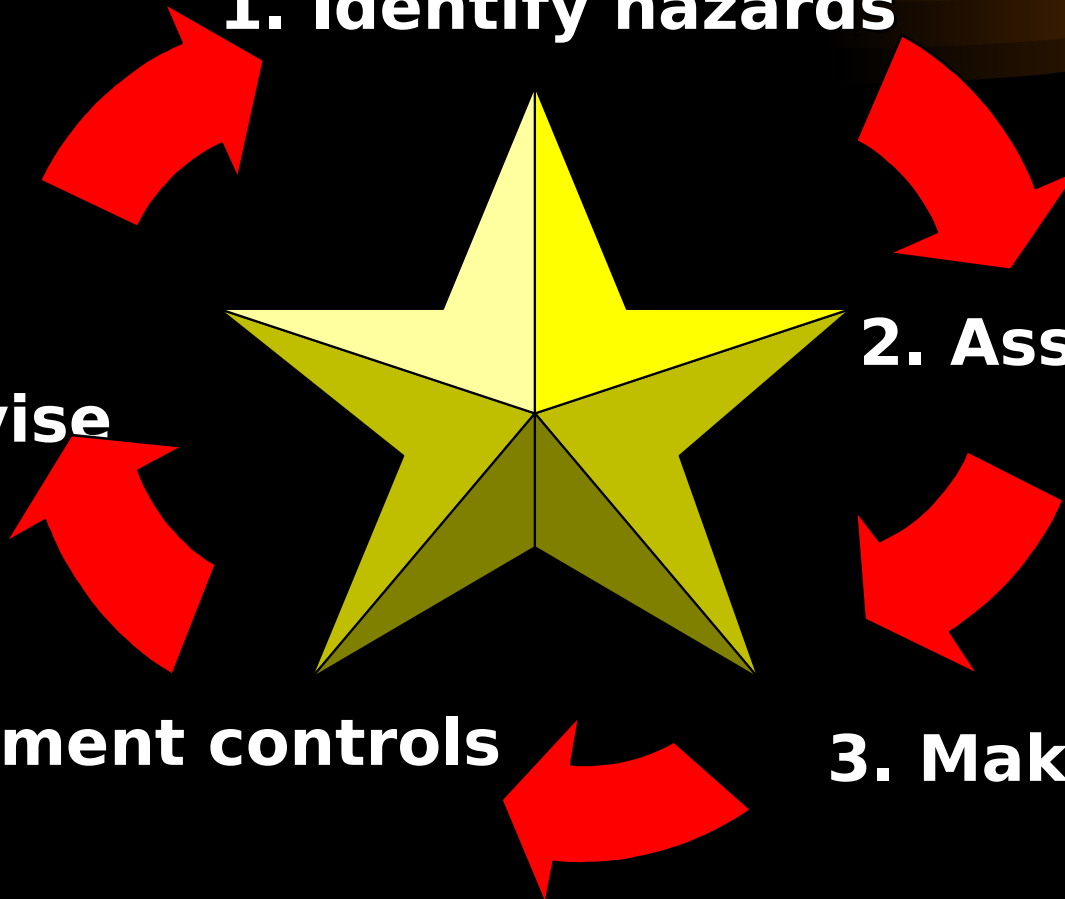
1. Identify hazards

2. Assess hazards

3. Make risk

4. Implement controls

**5.
Supervise**



Questions ?

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